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RELEASED FOR PUBLICATION
APRIL 3, 1931 (FRIDAY)

THE MARKET BASKET

by

the Bureau of Home Economics,
U.S. Department of Agriculture, and
the Woman's Division of the
President's Emergency Committee for
Employment

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FAMILY FOOD GUIDE

Every meal---Milk for children, bread for all.
Every day---Cereal in porridge or pudding.
Potatoes.
Tomatoes (or oranges) for children.
A green or yellow vegetable.
A fruit or additional vegetable.
Milk for all.
Two to four times a week
Tomatoes for all.
Dried beans and peas or peanuts.
Eggs (especially for children)
Lean meat, fish or poultry, or cheese.

Another of our grandmother's pet home remedies, the sulphur-and-molasses cure-all for "spring fever," has been relegated to the past, and Dr. Louise Stanley, Chief, of the Bureau of Home Economics, United States Department of Agriculture, offers a substitute. She says that the use of fresh vegetables in the diet will do everything that the old standby was supposed to do.

THE HISTORY OF THE

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"The modern theory of nutrition has substituted fresh vegetables for the sticky mass which every member of the family was urged to take daily by the spoonful as soon as spring came," she said. "About this time every year the jar of sulphur and molasses used to appear in the kitchen cupboard and great store was set by its curative powers. Though little was known of the special nutritive values of the various kinds of foods, the spring tonic was assumed to be a necessity following the more restricted diets of winter."

"Our national eating habits have changed so greatly that any sort of spring tonic is superfluous. We now have an abundant supply of fresh fruit and vegetables the year round. Increased facilities for shipping perishable foodstuffs from the southern markets enable us to provide a winter diet little different from our summer diet. These fruits and vegetables offer a continuous supply of vitamins and minerals which are really efficacious in maintaining good nutrition. One vitamin especially, which is found in varying degrees in fruits and vegetables, automatically takes care of lagging appetites and promotes good digestion and the absorption of food. Because the body has only a limited capacity to store this vitamin, the food supply should contain an abundance at all times."

For the more remote rural districts where the markets are likely to lack a supply of fresh vegetables Doctor Stanley suggests that the people take advantage of the information recently offered by the Bureau of Plant Industry which listed several edible greens that may soon be found in the fields and woods. The list includes poke, lamb's-quarter, nettle, plantain, mustard greens, and dandelions. Sweetpotato tops, they say, are also edible and when picked do not kill the parent roots. Beet and radish tops may be gathered and used for greens while they are young and tender. ^{but not the little radishes} The tiny beets/may be cooked along with the greens.

Nettle, which to the bare legged country child means a stinging plant to be avoided, is an old-world potherb. It should be picked when the sprouts are finger long and should be cooked like spinach. Plantain was used commonly in France in

the 16th and 17th centuries as a potherb but it can also be served in salads. Mustard greens and lamb's-quarter are cooked like spinach, and poke in the same way as asparagus. Most persons are familiar with the many ways in which dandelion can be served as a salad. It has recently grown so popular that it is now being raised commercially and shipped to market.

Practically all the benefits which might be derived from vegetables may be lost in the cooking, Doctor Stanley points out. The best methods of cooking vegetables for preserving the food value are in the following order: baking, steaming and boiling in the skins. When water is used in cooking, the bureau advocates using a small quantity for most vegetables. This method, with brief cooking retains most of the vitamins and minerals, many of which are soluble in water and frequently thrown away.

The greatest fault in vegetable preparation, the bureau finds, is over-cooking. The addition of bicarbonate of soda to the vegetable water is a practice which the bureau decries for it has a tendency to destroy the vitamins and break down the fibers and make the vegetable mushy.

* * * * *

A FAMILY OF FIVE

including

father, mother, and three children should buy every week:

Bread	12 - 16 pounds
Flour	1 - 2 pounds
Cereal	4 - 6 pounds
Whole fresh milk	23 - 28 quarts
or	
Canned unsweetened milk	23 - 28 tall cans
Potatoes	15 - 20 pounds
Dried beans, peas, peanut butter	1 - 2 pounds
Tomatoes, fresh or canned, or citrus fruit	6 pounds
Other vegetables (including some of green or yellow color) and inexpensive fruits	15 - 18 pounds
Fats, such as bacon, butter, lard, margarine, salt pork, etc. .	2½ pounds
Sugar and molasses	3 pounds
Lean meat, fish, cheese, eggs (8 eggs approximate 1 pound) . .	5 - 7 pounds
Eggs (for children)	8 eggs
Coffee	1 pound
Tea	¼ pound

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MENU

Breakfast

Stewed prunes	Whole-wheat porridge	Top milk
Coffee	Milk for children	

Lunch

Vegetable plate of	
Baked stuffed potato	
Creamed carrots	Cereal for baby
Boiled turnips	
Bread and butter	Milk for all

Dinner

Macaroni and cheese	Beets
Lettuce and dressing	Toast
Gingerbread	Tea

BAKED MACARONI OR SPAGHETTI WITH CHEESE

2 cups macaroni or spaghetti	1 teaspoon salt
broken into small pieces	$\frac{3}{4}$ pound sharp-flavored cheese,
2 tablespoons flour	shaved thin
4 tablespoons butter or other fat	$\frac{1}{2}$ cup buttered bread crumbs
2 cups milk	

Cook the macaroni or spaghetti in 2 quarts of boiling salted water until tender, and drain. Make a sauce with the flour, fat, milk and salt. Take it from the stove, add the cheese, and stir until the cheese is melted. Place the macaroni or spaghetti in a buttered baking dish in alternate layers with the cheese sauce, sprinkle the buttered crumbs over the top, and bake in a moderate oven (350°F.) for about 30 minutes.

GINGERBREAD

1 cup milk	$\frac{1}{2}$ cup sugar
3- $\frac{1}{8}$ cups sifted soft-wheat flour	1 cup molasses
$\frac{1}{3}$ cup fat	$\frac{1}{2}$ teaspoon salt
1 egg	1 teaspoon ginger
$\frac{1}{2}$ teaspoon soda	$\frac{1}{2}$ teaspoon cloves
4 teaspoons baking powder	$\frac{1}{2}$ teaspoon cinnamon

Mix and sift the dry ingredients. Stir the liquid into the dry ingredients. For a shallow loaf the oven should be moderate about 375°F; if muffin pans are used, the oven should be fairly hot, or about 400°F.

In this recipe sour milk may be used instead of sweet in the same quantity. In that case the soda should be increased to a scant teaspoon, and the baking powder decreased to 2 teaspoons.



WASHINGTON, D. C.

BUREAU OF
TAX AND FLOOR DUTIES

by

the Bureau of Home Economics,
U.S. Department of Agriculture, and
the Woman's Division of the
President's Emergency Committee for
Employment

	FAMILY FOOD GUIDE	
:		:
:		:
:	Every meal---Milk for children, bread for all.	:
:	Every day---Cereal in porridge or pudding.	:
:	Potatoes.	:
:	Tomatoes (or oranges) for children.	:
:	A green or yellow vegetable.	:
:	A fruit or additional vegetable.	:
:	Milk for all.	:
:	Two to four times a week	:
:	Tomatoes for all.	:
:	Dried beans and peas or peanuts.	:
:	Eggs (especially for children)	:
:	Lean meat, fish or poultry, or cheese.	:

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Soups are one of the most important and palatable of the ways of serving inexpensive foods and for these reasons are indispensable to a low cost diet, according to the Bureau of Home Economics of the U. S. Department of Agriculture. They can and frequently must make up the main dish of the meal, but the bureau says for this purpose they must be thick with vegetables, whether made from meat stock or not. With the addition of bread and butter such a lunch or supper is satisfying and has the added value of being suitable for both children and adults.

The bureau advocates following, in so far as possible, the practice of

European housewives in their manner of making the appetizing soups, for which they are famous. They keep a soup pot on the back of the stove almost continuously, but the bureau says the refrigerator is a better place, for then the vitamins will not be destroyed by heat and the valuable materials that give flavor will not be continually evaporating. Into the pot they put all water in which vegetables have been cooked, except the very strong ones, as well as left-over meats and vegetables. With this as a foundation they proceed to develop many different kinds of soups, with the exception of the cream soups and clear ones.

One of the chief advantages of soups in a low cost diet, which the bureau points out, is that inexpensive cuts of meat with bone are used for the foundation of those soups that are made from meat stock. By slow cooking the flavor is extracted from the meat which, together with the mineral salts and soluble vitamins, is retained within the body of the soup. It is all eaten, with the exception of the bones, and even they have given up considerable nutriment from the marrow and cartilagenous portions before being discarded.

The extractives derived from soup meat are left in the liquid. They give flavor and are slightly stimulating. This means that most of the flavor has been taken out of the meat but a great deal of the nutritive value is left. Meat from the bones can be ground and served with the soup or used at later meals in combination with highly flavored foods, such as tomatoes, onions, and green peppers.

Of the two types of soups, clear and thick, the former's function in the diet is to stimulate the appetite and to improve digestion. But for the purpose of single dish meals, thick soups are all that need to be taken into consideration. They are the means of introducing into the menu a variety of starchy foods such as rice, noodles, tapioca, and barley, the quantity of which increases materially the lower the cost of the diet. Surplus bread can be utilized in the form of croutons, and dumplings can be added.

Cream soups and chowders instead of being made with meat stock have milk as

the basis for the former, and salt pork with or without milk for the chowder. With vegetables of all sorts, dry legumes, salt pork, dried, evaporated, or fresh milk, we have the means of providing soups of high nutritive value. When meat stock is used the bureau advocates the proportion of one pound of meat and bone to one quart of water. The shinbone of beef with meat is one of the best cuts because of the large amount of marrow it contains. A knuckle of veal is necessary for jellied soups.

Some of the requisites for making vegetable soups are outlined by the bureau as follows:— Cut meat in small pieces; saw or crack bone; soak meat and bone in cold water for 30 minutes or more before cooking; simmer for three to four hours, don't skim off the protein which coagulates and floats to the top as a brownish scum; add spices, herbs and vegetables toward the end of cooking period— allowing only time enough to cook vegetables until tender; cook stock quickly; keep in cold place and do not skim fat off until ready to use.

A FAMILY OF SEVEN
including
father, mother and five children should buy every week:

Bread	16 - 22 pounds
Flour	3 - 4 pounds
Cereal	6 - 8 pounds
Whole fresh milk	30 - 42 quarts
or	
Canned unsweetened milk	30 - 42 tall cans
Potatoes	20 - 30 pounds
Dried beans, peas, peanut butter	1 - 3 pounds
Tomatoes, fresh or canned or citrus fruit	9 pounds
Other vegetables (including some of green or yellow color), and inexpensive fruits	20 - 25 pounds
Fats, such as bacon, butter, lard, margarine, salt pork, etc. .	4 pounds
Sugar and molasses	5 pounds
Lean meat, fish, cheese, eggs (8 eggs approximate 1 pound) . .	7 - 10 pounds
Eggs (for children)	8 eggs
Coffee	1 pound
Tea	$\frac{1}{4}$ pound

MENU

Breakfast
Stewed Prunes
Oatmeal Top Milk
Toast

Lunch

Fish with Macaroni

Vegetable Slaw (five-minute cabbage for children)

Oatmeal Cookies

Supper

Vegetable Soup

Corn Bread

The following recipes serve five persons.

VEGETABLE SOUP

1 large soup bone with meat (cracked)	1 cup finely diced carrots
3 quarts cold water	1 cup finely diced turnips
4 tablespoons fat	2 cups finely diced potatoes
1 green pepper, chopped	2 cups tomato juice and pulp
1 cup chopped onion	3 teaspoons salt, or to taste
1½ cups chopped celery and leaves	¼ teaspoon pepper

Wash the soup bone and be careful to remove all small loose pieces of bone. Put the bone in a large kettle, cover with the cold water, and simmer for 2 hours. Remove the bone from the broth. Cook all the vegetables, except the tomatoes, in the fat in a skillet for about 10 minutes, stirring frequently. Add the vegetables, tomato, salt, and pepper to the broth and simmer until the vegetables are tender but not broken. Serve the meat with the soup or save it for hash or croquettes.

This makes a rather large quantity of soup, but it is equally good reheated and served another day.

CORN CHOWDER

1 quart diced raw potatoes	1 pint milk
1 pint boiling water	½ teaspoon salt
4 tablespoons diced salt pork	Pepper
1 onion, chopped	2 tablespoons chopped parsley
2 cups canned corn	or celery leaves

Boil the diced potatoes in the pint of boiling water for 10 minutes. Fry the salt pork and onion for about 5 minutes, and add these and the corn to the potatoes. Cook until the potatoes are done. Add the milk and the salt and pepper, bring the mixture to the boiling point, and add the parsley or celery leaves. Serve very hot in soup dishes and place two or three crackers in the dish before pouring in the chowder.

CREAM OF SPINACH SOUP

1 cup raw ground or finely chopped spinach	2 tablespoons melted butter or other fat
1 quart milk	1 teaspoon salt
2 tablespoons flour	

If the spinach is ground, place a bowl to catch the liquid which runs from the grinder and add to the spinach. Heat the milk in a double boiler and add to it the flour and fat, which have been well blended, and the ground spinach and salt. Stir until thickened, and cook for about ten minutes.

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ONION SOUP AU GRATIN

6 medium-sized onions, chopped fine	4 tablespoons cold water
2 tablespoons butter or other fat	Salt to taste
1 pint boiling water	Pepper
1 quart meat broth	Toast
4 tablespoons flour	Cheese, finely grated

Cook the chopped onions in the fat until yellow, add to the hot water, and simmer for 20 minutes, or until tender. Add the meat broth. Blend the flour and cold water, add some of the hot liquid, mix well, and stir into the soup. Add the salt and pepper, and cook for a few minutes. Pour the soup into bowls or soup plates, place on top of each a slice of toasted bread, sprinkle the cheese over the bread and soup, and serve at once.

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WASHINGTON. D. C.

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APRIL 17, 1931 (FRIDAY)

by

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: Every meal--Milk for children, bread for all.
: Every day---Cereal in porridge or pudding.
: Potatoes.
: Tomatoes (or oranges) for children.
: A green or yellow vegetable.
: A fruit or additional vegetable.
: Milk for all.
: Two to four times a week--
: Tomatoes for all.
: Dried beans and peas or peanuts.
: Eggs (especially for children).
: Lean meat, fish or poultry, or cheese.
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: * * * * *

Supplement "One Dish Meals" with a salad or fruit is the suggestion of the Bureau of Home Economics, U. S. Department of Agriculture which approves them both for economy and for the saving of time and energy. In meals of this sort starchy and protein foods can be served along with the vegetables in a single dish, the bureau points out.

All the ingredients of a well-balanced meal can be included in single dish meals, but such a meal is made more interesting and nutritious by addition of a raw vegetable salad, stewed or fresh fruit in season. Raw foods provide Vitamin C

which are likely to be destroyed in long cooking.

Women in business and industry with families to cook for find this type of meal valuable because it can be served quickly and it simplifies their work. Dr. Louise Stanley, chief of the bureau, says it would be desirable if mothers could purchase these dishes already prepared. Day nurseries and industrial plants with cafeterias would perform a real service, she said, if they would prepare one-dish meals to sell at cost to working mothers. Both the day nurseries and the industrial cafeterias have the equipment for cooking and this plan would not entail additional expense except for labor and materials, she said. Such a plan would increase the use of the kitchen equipment when it is usually idle, she pointed out.

Many combinations of food can be used for one dish meals. Some which the bureau advocates are meat stews with vegetables, shepard pies, chowders, and thick vegetable soups made with meat stock.

The one dish meal is not a twentieth century invention for it harks back to the earliest forms of cooking on which, even to-day, some of the nomadic tribes of the old world still subsist. After the value of cooking food was discovered the meats were first broiled over a fire on a stick. The next step was to bury it in leaves in embers and then it was found that daubing food with clay before burying it was better still.

With the advent of a cooking pot, hot stones were dropped into it to cook the ingredients and finally the pot itself was placed over the coals. So into this container were placed the meat and cereals that made up the meals. When vegetables became known they were added to the other foods in the pot and this form of cooking served man for a long time. The ancients had no thought for saving time,^{money,} or labor. Their primitive needs were easily satisfied by simple meals to which, in times of necessity, we find ourselves returning.

Elaborate meals are costly and no more nutritious than simple ones planned to contain foods that supply energy, build, and repair the body cells and those

which may be termed regulatory. In the first group are the cereals and starches while such proteins as meat, fish, eggs, cheese, milk, and the legumes give energy. The vegetables and fruit comprise the latter class with their minerals and vitamins so necessary for maintaining normal nutrition.

A FAMILY OF SEVEN
including
father, mother, and five children should buy every week

Bread	16 - 22 pounds
Flour	3 - 4 pounds
Cereal	6 - 8 pounds
Whole fresh milk	30 - 42 quarts
or	
Canned unsweetened milk	30 - 42 tall cans
Potatoes	20 - 30 pounds
Dried beans, peas, peanut butter	1 - 3 pounds
Tomatoes, fresh or canned, or citrus fruits	9 pounds
Other vegetables (including some of green or yellow color) and inexpensive fruits	20 - 25 pounds
Fats, such as lard, salt pork, bacon, margarine, butter, etc..	4 pounds
Sugar and molasses	5 pounds
Lean meat, fish, cheese, eggs (8 eggs approximate 1 pound) . .	7 - 10 pounds
Eggs (for children)	8 eggs
Coffee	1 pound
Tea	$\frac{1}{4}$ pound

MENU FOR ONE DAY

Breakfast

Fruit
Cooked cereal Top milk
Toast
Coffee (for adults) Milk (for children)

Luncheon

Cream of Spinach Soup
Omelet
Milk or Cocoa

Dinner

Baked Cheese Tamale
Raw Vegetable Salad
Gingerbread
Tea

These recipes serve five persons:

BAKED CHEESE TAMALE

3 large onions, cut fine	1 1/2 cups cornmeal
3 tablespoons drippings	pepper
2 cups tomatoes	5 cups boiling water
3 teaspoons salt	1 cup grated cheese

Cook the onions in the drippings for 10 minutes. Add the tomatoes, 1 teaspoon of salt and a little pepper, and cook 10 minutes longer. Sprinkle the corn meal slowly into the boiling water, add the 2 teaspoons of salt, stir constantly and cook for 15 minutes. Into a greased baking dish place alternate layers of the mixtures and sprinkle each layer with the cheese, reserving some of the cheese for the top layer. Bake about 25 minutes in a moderate oven (350° F). Serve from the dish.

FISH CHOWDER

1/4 pound salt pork	Pepper
1 onion, sliced	3 tablespoons flour
2 cups carrots cut in pieces	3 cups milk
9 potatoes, peeled and cut in small pieces	1 1/2 pounds fish (fresh, salt, or canned)

Cut pork in small pieces and fry with the chopped onion for five minutes. Put pork, onions, carrots, and potatoes and pepper in kettle and cover with boiling water. Cook until vegetables are tender. Mix three tablespoons of flour with one-half cup of the cold milk and stir in the liquid in the pot to thicken. Add the rest of the milk and the fish which has been removed from the bone and cut in small pieces. Cook until the fish is tender, about 10 minutes. Serve hot. You can omit salt pork and use a tablespoon of other fat.

Rabbit, fowl, or any meat may be used instead of the fish, or tomatoes instead of milk.

POTTED HOMINY AND BEEF

2 tablespoons fat	2 cups carrots
2 tablespoons flour	5 cups cooked hominy
2 cups milk	1/4 pound dried beef
4 potatoes	1 teaspoon salt

Heat 1 1/2 quarts of water to boiling; add 1 teaspoon of salt and 2 cups of hominy which has been soaked overnight. Cook in a double boiler for four hours or in the fireless cooker overnight. This makes 5 cups.

Melt the fat, stir in the flour, add the cold milk, and mix well. Cook until it thickens. Cut the potatoes and carrots in dice, mix all the materials in a baking dish, and bake for one hour.

This recipe may be increased and enough cooked in different ways for several meals. Hominy is excellent combined with dried, canned, or fresh fish, or meat and vegetable left-overs may be used.

Library

UNITED STATES DEPARTMENT OF AGRICULTURE
BUREAU OF PLANT INDUSTRY

1917



WASHINGTON D. C.

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Press Service.

by

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: Every day---Cereal in porridge or pudding.
: Potatoes.
: Tomatoes (or oranges) for children.
: A green or yellow vegetable.
: A fruit or additional vegetable.
: Milk for all.
: Two to four times a week --
: Tomatoes for all.
: Dried beans and peas or peanuts.
: Eggs (especially for children).
: Lean meat, fish or poultry, or cheese.
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The President and Mrs. Hoover yesterday ate a low-cost dinner prepared according to the Family Food Guide and the recommendations of the Bureau of Home Economics, U. S. Department of Agriculture and the President's Emergency Committee for Employment. The occasion was the opening of the celebration of Better Homes Week in America during which Girl Scouts demonstrated their skill in homemaking by providing a noon-time dinner costing less than 24 cents per person for the President and Mrs. Hoover and six outstanding figures in national life who had been invited to share the simple dinner cooked and served by six Girl Scouts at the National Girl Scouts Little House in Washington.

Those who were invited to share the simple dinner with President and Mrs. Hoover were Secretary of Agriculture Arthur M. Hyde; Dr. Lillian M. Gilbreth, Chairman of the Woman's Division of the President's Emergency Committee for Employment; Dr. James Ford, Executive Director of Better Homes in America; Mrs. Nicholas F. Brady, Chairman, Board of Directors of Girl Scouts; Mrs. William Brown Meloney, Editor of Sunday Magazine, New York Herald Tribune; and Dr. Louise Stanley, Chief of the Bureau of Home Economics, U. S. Department of Agriculture.

The meal, which was cooked and served by Girl Scouts, was planned to cost only \$1.89 or less than twenty-four cents per person. According to food specialists of the Bureau of Home Economics, such a meal might serve as the Sunday dinner for a family of adults who, during the employment emergency, chose to live by the minimum food guide developed by the bureau. This guide outlines in considerable detail the minimum quantities of foods essential to maintain normal nutrition. The necessary food for individuals of varying ages and for different sized families is clearly designated in this guide so that all who follow it may be assured of getting the greatest possible return for their money.

The Girl Scout Little House is a charming ivy-covered dwelling just a few squares from the White House. It presents a pretty picture with its barberry lined path, with beds of tulips on either side.

Mrs. George Akerson, as Chairman of the Better Homes Week in Washington, was to receive the President and Mrs. Hoover. Mrs. G. L. Bowman, vice chairman, and Miss Alida Henriques, hostess for the day at the Little House, were invited to assist her.

Three of the six Girl Scouts cooked and the others served. One scout was assigned to attend the President and another Mrs. Hoover. The very simplicity of the meal made the Scouts' task comparatively easy. The girls have been tremendously excited over the unusual privilege of preparing a meal for the chief executive.

The girls who were chosen for this honor were Shirley Schafer, daughter of Representative Schafer from Milwaukee, Wisconsin; Louise Erk, daughter of Representative Erk of Pittsburg, Pennsylvania; Faith Shesong, Helen Sheets, Betty Jane Oswald, and Betty Leake, all of Washington. Their scout leader for the occasion is Mrs. Edmund Erk, wife of Representative Erk. Miss Mabel C. Stienbarger of the Bureau of Home Economics watched to see that the cooks followed the methods recommended by the bureau.

Mrs. Hoover has long been interested in scouting, having served as the President of the Girl Scouts and now, by virtue of being the wife of the President of the United States, is honorary president of the organization. She has taken great interest in the Girl Scout Little House and is always encouraging the scouts to develop the homemaking arts.

The menu planned for the dinner to the President follows. Recipes for each one of the dishes are also given. Copies may be obtained by writing to the Bureau of Home Economics, U. S. Department of Agriculture, Washington, D. C.

A FAMILY OF FOUR ADULTS
should buy every week:

Flour.....	4 lbs.
Bread.....	20 - 25 lbs.
Cereal.....	4 - 7 lbs.
Whole milk	4 - 14 qts.
or	
Canned unsweetened milk.....	4 - 14 tall can
Potatoes.....	15 - 20 lbs.
Dried beans, peas, peanut butter.....	1 - 3 lbs.
Tomatoes, canned.....	6 qts.

Other vegetables (including some of green or yellow color) and inexpensive fruits.....	20-25 lbs.
Fats, such as lard, salt pork, bacon, margarine, butter, etc.	4 lbs.
Sugar and molasses.....	5 lbs.
Lean meat, fish, cheese, eggs.....	5-10 lbs.
Eggs (for children).....	---
* * * * *	

MENU FOR ONE DAY

Breakfast

Oatmeal - Top milk
Toast
Coffee

Lunch

Spaghetti with Tomato Sauce
Stewed Fruit

Dinner

(This dinner served by the Girl Scouts
to the President and Mrs. Hoover)

Split Pea Soup - Melba Toast
Rice and Meat Loaf - Brown Sauce
Carrot and Cabbage Salad
Graham muffins
Lemon Bread Pudding
Tea

Each of the following recipes
serves 8 people:

Split Pea Soup

1 cup green split peas	1 small onion, sliced
1 quart water	2 teaspoons salt
1 pint milk	1 tablespoon flour
1/8 pound salt pork, sliced	1 tablespoon butter
	Dash of pepper
	Lemon

Pick over the peas and wash them well. Soak over night in 1 pint of water. In the morning, add the remaining water, the salt pork, and the onion. Simmer covered about 1-1/2 hours or until the peas are soft. Remove the pork, press the peas and onions through a fine sieve, and be careful to save all the

liquid. Brown the butter, add the flour, and mix until well blended. Pour in the milk and stir until thickened. Mix with the strained peas and serve when hot. Lay a thin slice of lemon with finely chopped parsley over the top in each plate of soup just before it goes on the table. If soup becomes too thick add more milk until soup reaches right consistency.

Rice and Meat Loaf

1/2 cup rice	2 small onions finely chopped
1/2 cup bread crumbs	2 teaspoons salt
1-1/2 pounds ground meat	Pepper

Boil the rice until tender, drain. Mix all ingredients and use the hands to mix thoroughly.

Lay a piece of parchment paper on a rack in an open pan. Mold the meat loaf on the paper with two knives. Bake the loaf in a moderate oven about 1 hour.

Graham Muffins

2-1/4 cups unsifted Graham flour	2 eggs
3 teaspoons baking powder	1-1/2 cups milk
1-1/2 tablespoons sugar	1-1/2 tablespoons melted fat
3/4 teaspoon salt	

Mix all the dry ingredients thoroughly. Beat the egg slightly, add the milk, and stir with the fat into the dry ingredients. Do not stir the muffin batter any more than necessary. Bake in greased muffin pans for 25 to 30 minutes in a hot oven (400° to 425° F.)

Lemon Bread Fudding

3 cups milk	1/4 teaspoon salt
2-1/2 cups fine bread crumbs	4 eggs
1 cup sugar	Grated rind of 1 lemon
1 tablespoon butter	Juice of 2 lemons

Heat the milk, soft bread crumbs, sugar, butter, and salt in a double boiler. Gradually pour the mixture into the well beaten yolks of the eggs, add the rind and juice of 1-1/2 lemons. Pour into a greased baking dish and bake in a moderate oven (350° F.) about 30 minutes or until set. Cover the pudding with a meringue made of the whites of the eggs, 4 tablespoons of sugar, a little salt and the juice from 1/2 lemon. Bake in a very moderate oven until lightly browned. Serve hot or cold.

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